



No soap, no problem. I haven't used soap in 7 years
— and the experts say I might be on to something **metroLIFE**

Halifax metro

**HOW TO
CLAIM YOUR
SIDE HUSTLE**
and other tax tips for these
not-so-traditional times



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Your essential daily news | MONDAY, MARCH 13, 2017

High 1°C/Low -8°C Partly cloudy

HALIFAX HEROES Ordinary people doing extraordinary things

The Power of volunteering

Meet the Halifax woman committed to helping people
who have fallen on hard times

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ERIN GO BRR



The annual St. Patrick's Day
Parade drew large crowds — but
it was too cold for bagpipes

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Cold hands, Irish hearts

ST. PATRICK'S DAY

Parade marks the beginning of week-long celebrations



Cody McEachern
For Metro | Halifax

St. Patrick's Day may still be a week away, but the city's celebration of all things Irish has already begun.

A row of trucks, floats and parade marchers lined up in front of Pier 20 on Sunday. Kids ran around chasing each other with green hats and sunglasses as volunteers attached an Irish flag to one of the floats. Suddenly, the row began to move, and people gathered on the sidewalks to watch the parade go by.

The sound of clappers, bells and Irish music flooded the air, but something was missing — there were no bagpipes.

The -20 degree weather prevented the pipers from playing their bagpipes, leaving the 10th annual St. Patrick's Day Parade with only the beat of the drums.

"It's too cold today," said



Members of the Rising Tide Irish Dance group wave to the crowd and a pirate with a green beard and parrot takes part in the 10th annual Saint Patrick's Parade on Sunday. JEFF HARPER/METRO

Edward Dailpay, who watched the parade from the sidewalk.

"I even had to take a bus in today. I am all the way out on Herring Cove Road, and I normally walk in, but today I had to bus in. It was just too cold."

The cold didn't deter people from enjoying the parade however, as a large crowd of spectators grew on Water Street

while the parade went by.

The parade made its way out of Pier 20, down lower Water Street and through Irishtown before finishing at the Historic Properties.

Volunteers and participants were not put off by the cold, and had looked forward to marching with the parade to support and celebrate Irish

culture and their own ancestors.

"This is my third parade I have marched in to represent my family," said Debbie O'Leary.

"My great-great grandfather, Patrick O'Leary, came over from County Kerry, Ireland.

He helped build the steeple in the St. Mary's Basilica



and the house at Holy Cross Cemetery. I'm marching to represent him and the rest of the Irish."

Newcomers to the parade weren't stopped by the cold either, as first-time participants prepared for the march down Water Street.

"My church is St. Patrick's, so I decided to be in the parade for the very first time this year," said Frank Labecki about the Irish Catholic building on Brunswick Street.

"It's important to celebrate their culture. They came here, built churches and created jobs for us. Once I get through this parade, I'll probably come again next year, maybe a little better prepared too. Let me get through this parade first."

+ FESTIVITIES

Halifax's biggest St. Paddy's Day party: Murphy's on the Water, 3 p.m. to 12 a.m.

Festival of St. Patrick Dinner: Halifax Marriott Harbourfront, 6 p.m. to 10:30 p.m.

St. Paddy's Day all-day Irish breakfast/Irish entertainment: Dirty Nelly's, 7 a.m. to 2 a.m.

Two floor St. Paddy's Day celebration: The Lower Deck, 11:30 a.m. to 2 a.m.

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CRIME

Suspect charged in Sudds homicide

A suspect has been charged with first-degree murder in connection with the death of a 24-year-old man in Halifax more than three years ago.

The charge against Ricardo Jerrel Whynder is in connection with the death of Matthew Thomas Sudds.

Sudds' body was found in a ditch on Africville Road in October 2013. Investigators say Sudds was shot and killed there the evening of Oct. 10, shortly after friends last saw him.

The spring of 2013, the Department of Justice added Sudds' case to its provincial rewards program, with anyone who provides information to police that led to an arrest or conviction receiving up to \$150,000.

Police say Whynder, 32, was arrested without incident in

Surrey, B.C., on Friday.

He'll be brought to Halifax in the coming days to face the allegation.

THE CANADIAN PRESS



Matthew Sudds. CONTRIBUTED

INVESTIGATION

Two men in hospital with gunshot wounds

RCMP in Halifax are investigating after two men turned up in the hospital with gunshot injuries.

According to a Halifax RCMP release, at about 1 p.m. Saturday they got a report of two men being admitted to the Dartmouth General Hospital with gunshot wounds.

A preliminary investigation found the men were shot within RCMP jurisdiction. Both sustained non-life-threatening injuries.

A vehicle, which appears to

have been involved in a collision on Lake Major Road in Westphal, is connected to the investigation.

The investigation is being led by the General Investigation Section of the Integrated Criminal Investigation Division, which is in the early stages.

Anyone with information about this incident is asked to contact Halifax District RCMP or Halifax Regional Police at 902-490-5020.

METRO



Pizza Corner in Halifax where police are investigating the stabbing of a 19-year-old man. JEFF HARPER/METRO

Man stabbed at popular downtown food corner

CRIME

The 19-year-old found far from where assault took place



Cody McEachern
For Metro | Halifax

A man is dealing with stab wounds after a late-night assault at Pizza Corner, but

Halifax police have released few details about what happened.

Halifax Regional Police said in a release that the assault happened on the city's popular late-night food corner, and a 19-year-old was sent to the hospital with stab wounds.

Police said they were alerted to the situation when Cole Harbour RCMP were called to a residence on Clarence Road early Sunday morning, where they found the injured man.

The man was taken to the hospital, where he was receiving treatment Sunday for the stab wounds from the assault.

Halifax police were able to find the location of the incident, and blocked off a large section of Grafton Street and Blowers Street to investigate on Sunday.

The caution tape was taken down as police left by Sunday afternoon.

When asked whether there were any leads on who was

involved in the assault, the victim's condition, or why he was found in a Cole Harbour residence far from downtown Halifax, the police watch commander said Sunday evening there was no update.

The investigation is in its early stages and more information will be released as it comes in, police said.

No charges have been laid and no suspects have been identified.

WITH FILES FROM HALEY RYAN



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CAPE BRETON

Walker on highway killed in hit-and-run



Haley Ryan
Metro | Halifax

In the second pedestrian death this weekend, at about 9:30 p.m. Saturday the RCMP Cape Breton Traffic Services responded to a 911 call of a male pedestrian being struck on Highway 125 near Exit 8 in Mira Road, Cape Breton.

A preliminary investigation showed that the man was on the highway when he was struck by a passing vehicle that failed to stop, a release said.

The 54-year-old man was taken to Cape Breton Regional Hospital where he was later pronounced dead.

+ VEHICLE

- Suspect vehicle is a grey Volkswagen with damage to its front and passenger side
- Highway 125's westbound lane between Exits 7 and 8 closed overnight.

An RCMP traffic analyst was on the scene and closed Highway 125's westbound lane between Exits 7 and 8 overnight. The hit-and-run investigation is ongoing.

RCMP are looking to speak with the driver of a grey Volkswagen, which they said would have damage to its front and passenger side.

Halifax DIGEST

ANNAPOLIS VALLEY Pedestrian dies after being struck by car

A Nova Scotia man has died following a pedestrian collision in the Annapolis Valley.

On Friday, Kings District RCMP said there was a collision between a car and pedestrian at 7 p.m. on Willow Avenue in Wolfville.

A 67-year-old Wolfville man was pronounced dead at the scene, a police release said.

The driver was not injured.

An RCMP collision analyst arrived at the scene and the road was closed for several hours, police said.

The collision remains under investigation.

HALEY RYAN/METRO

Power behind Parker Street

COMMUNITY

'Indispensable' volunteer gives her all to those in need



Yvette d'Entremont
Metro | Halifax

The Parker Street Food and Furniture Bank's communications manager describes Jennifer Power as "indispensable."

From serving food bank clients to administrative work, sorting clothes and helping with other programs and initiatives, Power has been a powerhouse volunteer for the past five years.

"Her devotion and commitment to helping people who have fallen on hard times is commendable and she is an incredibly reliable and indispensable volunteer," said Stephanie MacWhirter, development and communications manager with Parker Street Food and Furniture Bank.

Power was retired and looking for something to do when she first started volunteering for the organization five years ago.

Her first task was serving clients on food bank days, but that grew into administrative work, registering clients, and working directly with donations of household and clothing items to give to clients or send to thrift stores for fundraising.

"That grew on to a couple of other projects. The last two years there was a coat drive one of the local radio stations spearheaded," Power said.

"I helped sort through the coats...In each of those two years we did that we had about 400 coats to sort through, and



I think everyone should have a purpose and be willing to help out their community.
Jennifer Power

Jennifer Power has been a volunteer with the Parker Street Food and Furniture bank for five years, helping with food donations, clothes, paperwork and much more..

JEFF HARPER/METRO

there was more of an urgency to that one because it was in the winter and clients would need them right away."

Power also helps with the annual turkey Christmas dinner giveaway for clients, which has grown to include a toy component for families with children. For the past two years she has co-ordinated the toy portion.

She also helps with the annual school supplies initiative, stuffing backpacks with do-

nated school supplies that are then sorted by age for families in need.

"Some people have had to move out maybe due to abuse or had to leave for health reasons and had to start fresh and they have no food at all, nothing in their cupboards or nothing in their fridge, they might not even have a fridge to put it in," she said.

"To be able to see them at least get by for a little while,

and see how many different ways Parker Street can help them out, is rewarding."

During the months of March and April, Power also volunteers to prepare income tax returns for low-income families. On average she does about 200 of those returns a year.

"I think everyone should have a purpose and be willing to help out their community, and I do have the time and availability and the skills,"

Power said. "We should help support our country and our city that have been good to

us, so that we can help others who don't have what we might have."

+ NOMINATE A HERO

Recognize a volunteer

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

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email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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KENTVILLE

Alleged meth lab sniffed out

A Kentville man is facing charges of producing methamphetamine after police and fire officials responded to an odour complaint regarding the basement of the building housing a convenience store near NSCC Kingstec.

Members of the Kentville Police Service and Kentville Volunteer Fire Department received a report of a suspicious odour from the owner of the North End Market building on Mee Road at about 8:30 p.m. on Friday.

"Upon entry to the building to locate the source, police and fire officials discovered what appeared to be a suspected drug activity related to the production of methamphetamine. Police immediately evacuated the building due to the toxic nature of the chemicals involved," a member of the Kentville Police Service confirmed in a phone interview.

The Kings County Integrated Street Crime Enforcement Unit, RCMP Clandestine Laboratory Enforcement Team and Kings County HAZMAT Unit featuring firefighters from departments in Wolfville, New Minas and Kentville were called to assist.

A 22-year-old Kentville man was arrested and charged with unlawfully producing methamphetamine.

The accused was remanded into custody and scheduled to appear in Kentville provincial court on Monday.

Portions of Mee Road were closed between Belcher Street and Mountain View into Saturday as the investigation continued. TC MEDIA

'Disturbing': Disabled child sexually exploited, police say

CRIME

Timberlea man accused of making, sharing images

A Halifax-area man has been charged with sexually exploiting a disabled child after Nova Scotia RCMP were tipped off about child pornography

found on the Internet.

Cpl. Dal Hutchinson said the victim is getting needed medical attention and support.

"Unfortunately, it's a very disturbing case," said Hutchinson.

"When you see charges in relation to child porn, coupled with sexual assault and sexual interference, that's disturbing, and the victim in this case will (have) their needs

THE CHARGES

The man was in court Friday afternoon on charges he made, possessed and made available child pornography, as well as sexual assault, sexual

interference and sexual exploitation of a person with a disability.

He also is accused of unsafe storage of a long gun.

met through medical attention and support system for them and their family."

A 34-year-old Timberlea man faces seven charges. Hutchinson said a police

agency elsewhere in Canada told the Integrated Internet Child Exploitation unit on Tuesday that a child porn victim may be in the Halifax area.

The unit executed a search warrant at a Timberlea home, and arrested the man without incident.

Hutchinson said local police officers rarely see accusations about the making of child pornography. THE CANADIAN PRESS



WEATHER A LAST BLAST?

Matt Fry makes an early pass at his driveway in Upper Tantallon during a blizzard last month. The Halifax area could be in for 15 centimetres of snow this week, with Environment Canada warning about a system moving in Tuesday over N.S. that could likely change to rain that night.

JEFF HARPER/METRO

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MUSIC

Barenaked Ladies coming to Halifax for Canada's big 150



Haley Ryan
Metro | Halifax

There's less than One Week before Haligonians can grab Barenaked Ladies tickets.

The iconic rock group recently announced their dates for a national tour celebrating Canada's 150th anniversary, with Halifax and Liverpool as their only Nova Scotia stops.

They will be performing an all-ages show at the Rebecca Cohn this fall on Oct. 18 at 8 p.m. with their lineup including Ed Robertson, Jim Creeggan, Kevin Hearn and Tyler Stewart.

Barenaked Ladies have been together for 30 years, have produced 13 studio albums, sold



The Barenaked Ladies will be in town this fall. HANDOUT

more than 14 million copies, taken home eight Juno awards, earned multiple Grammy nominations and a U.S. chart-topping single, plus created the theme song for The Big Bang Theory.

Tickets are \$67.50 in advance or \$70.50 at the door. They go on sale this Friday at noon, and are

available at the Dalhousie Arts Centre box office, by phone at 902-494-3820, and online at dal.ca or sonicconcerts.com.

The Liverpool show will see the band head to the South Shore to perform Oct. 20 at Queens Place with tickets starting at \$49.50. WITH FILES FROM TC MEDIA

Braid business booms

BEAUTY

Black hair an underserved demographic



Pushpa Balgobin
For Metro | Edmonton

As a child growing up in Nigeria, Zaynab Logun lived next door to a salon and would watch the customers going in and out all day.

"I was always seeing people come out of the salon with a different style. It always looked so nice," she said.

It sparked an interest in braiding that was encouraged by her grandmother, who taught her the art of neat, tight braids.

Logun is still passionate about great hair — now a student at Athabasca University, she's one of a growing number of people harnessing social media to build the braiding business in Edmonton.

When Logun arrived in Edmonton in 2013, she soon found that black hair was an underserved beauty demographic. Those who needed their hair done often had to ask friends or family, or track down styl-



Zaynab Logun, an Athabasca University student, has her own steady stream of customers coming in and out of the salon in her home looking for braids. KEVIN TUONG/METRO

ists through word of mouth, she said.

She started by doing a few of her friends hair, but word spread, and soon she was fielding calls from women eager for cornrows, weaves and other

types of braids.

"We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more," she said.

So Logun took a different

approach — she put an ad on Kijiji and started posting on Instagram.

"I'm trying to reach people outside of Edmonton, like Leduc and St. Albert," she said. "I put up pictures, they know they are coming to my home so they will feel more comfortable it's more welcoming," Logun said.

She's not alone — Kijiji now has over a dozen young entrepreneurs using the service to connect with new customers.

Kate Cunningham spent years trying to find stylists by asking other women who'd done their hair, but recently found someone for her and her daughter through Kijiji.

"It's more convenient and you're able to find women who can offer services at a better rate. You feel like you are getting your money's worth," she said.

The strategy has paid off for Logun, who now has her own steady stream of customers coming in and out of the salon in her home. She said her side business now pays for her to continue her studies full time.

"Doing what I have passion for is everything to me," Logun said. "For me you can wake me up at 3 a.m. to do hair and I am getting up."

ASYLUM SEEKERS

Agreement 'puts Canada as a state in jeopardy'



Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada's continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration's immigration policies.

"This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately," said Kim Veller, a student at York's Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized in the wake of White

House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

Trump's ban has forced hundreds of refugee claimants to use unauthorized border crossing techniques to sneak into Canada. It's an unsafe and dangerous route that has left some of them with frostbites, but remains the only way to avoid being subjected

to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back on Canadian borders could face

detention, deportation or lack of access to legal representation in the United States. By continuing to be part of the agreement, Canada "is breaching" both its own Charter of Rights and the International Refugee Convention, the report says.

"I don't think we have a government that even cares about refugees," said Veller, noting scrapping the agreement would be the easiest way to show the support.



We need it to be suspended immediately.

Kim Veller

SURVEY

Alberta wants daylight savings all year



Brodie Thomas
Metro | Calgary

It's official. The sun is setting on spring and fall time changes for Albertans.

The Alberta NDP surveyed

nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year.

While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Alber-

tans still want the later evenings that come with DST.

Edmonton-South West MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks.

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Fearful immigrants plan ahead for worst nightmares

EDUCATION

Sessions called 'know your rights' put on across U.S.

Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration



Yaritza Mendez leads a know-your-rights trainings at Make The Road, an immigrant advocacy organization in New York last week. THE ASSOCIATED PRESS

under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.

The idea, organizers said, is to give immigrants guidance on how to legitimately push back against attempts to detain them, mostly using tactics designed to keep agents from

learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an

outreach co-ordinator at the pro-immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and what to do if they come knocking.

Even people in the country illegally have constitutional

rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents without speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

A lady sitting at the back had a question. If immigration officials knocked on her door, what if she opened it a crack but kept the chain on?

No, Mendez said. Not even a crack. That's guidance that mirrors something criminal defence attorneys have long been telling clients. Letting a law enforcement agent peek inside could give them the probable cause they need to enter without a warrant. THE ASSOCIATED PRESS

SPENDING

Budget will push GOP views

President Donald Trump sends Congress a proposed budget this week that will sharply test Republicans' ability to keep long-standing promises to bolster the military, making politically painful cuts to a lengthy list of popular domestic programs.

The Republican president will ask his adopted political party, which runs Capitol Hill, to cut domestic agencies such as the Environmental Protection Agency and the departments of Education and Housing and Urban Development, along with grants to state and local governments and community development projects. The spending plan, set for release Thursday, would make the Pentagon the big winner with a \$54 billion boost to defence spending.

Trump has promised to "do a lot more with less," but his blueprint faces a reality test with Republicans, many of whom are already protesting.

THE ASSOCIATED PRESS

CORRUPTION ALLEGATIONS

South Korea president defiant

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it will take time, I believe the truth will certainly come out."

Park will likely face a direct investigation soon by prosecutors who already consider her a criminal suspect over suspi-

cions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere with state affairs.

Upon her return home, Park was greeted by hundreds of supporters who thunderously chanted her name and waved the South Korean flag as her car slowly rolled onto a path near the house. She then stepped out and shook hands and exchanged brief words with members of her political party before going inside the house.

THE ASSOCIATED PRESS



Ousted South Korean President Park Geun-hye smiles as she is greeted by supporters. THE ASSOCIATED PRESS

150 WAYS of looking at Canada



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JIM SAUCHYN

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Groups eye \$800M pie

INNOVATION FUNDING

Cash meant to help young, high-potential firms flourish

An \$800-million commitment central to the Trudeau government's economic growth strategy is expected to be divided up within the next few months among groups and companies that can persuade Ottawa they're best positioned to help young, high-potential firms flourish.

The government earmarked the cash in last year's budget to

support "innovation networks and clusters" as part of federal plans to help budding companies scale up significantly.

Groups like the Council of Canadian Innovators expects the government to settle in April or May on how it would like to proceed with the \$800-million plan.

Council executive director Ben Bergen, who represents tech-sector CEOs, said they would like to see the investment used to support clusters centred around high-growth Canadian companies, rather than ones that revolve around universities and incubators.

"By really focusing it on the firm rather than on...institutions or on incubators you actually give them the jet fuel



Navdeep Bains, minister of innovation, science and economic development.
THE CANADIAN PRESS

that they need to go and compete globally," Bergen said.

The chair of one organization hoping to attract some of that funding said his partners have also been pitching a business-led approach to Ottawa.

Ray Bouchard said the Manitoba-based Enterprise Machine Intelligence and Learning Initiative aims to help firms quickly commercialize in the fields of deep learning and artificial intelligence.

The group has had several meetings in recent months with senior government officials, including Economic Development Minister Navdeep Bains, according to lobbying records. THE CANADIAN PRESS

HACKING THREAT

Tax agency online service taken down

Canadians planning to file their taxes online could face difficulties as the threat of hacking prompted the Canada Revenue Agency to take down the service indefinitely.

A notice was posted on the agency's website that says it detected "an internet vulnerability" and took down many of its services, including electronic tax filing.

The services include ones such as My Account, My Business Account, Netfile, EFILE and Auto-Fill My Return.

The notice says people can still complete their forms, but will have to wait to file.

A spokesman for the Canada Revenue Agency says the tax filing services were taken offline Friday as a precaution.

Patrick Samson says the CRA isn't aware of any personal information being affected, but says the agency will monitor the situation. "Digital services were taken offline as a precaution, not as the result of a successful hack or breach," Samson says in an email.

Digital services will remain offline until officials are satisfied there is no longer a security risk, he says. The CRA website itself remains online.

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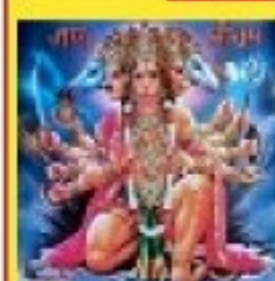
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How can I get people to slow down their carts at the grocery store?

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,
If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular prat-fall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

There, fill up your

Other than amuse oneself with revenge fantasies, there's not much to be done.

wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart



Ani Castells

driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery

store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**



Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online). Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.



Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.



Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch" she said. Equipment, software — even desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses, transit passes and anything you gave to charity.



Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay \$1,000 in rent but your roommate pays \$500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

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The best bar? None. I ditched soap seven years ago and you could too

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Confusion. Abject horror. Disgust. Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?" "No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy,

pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some.

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a book on



Jackie Hong stopped using soap as an impressionable Grade 11 teenager. TORSTAR NEWS SERVICE

the topic. "Even if you've been at the gym, you don't necessarily need soap ... water is more than enough to clean off."

In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a

catch-all for almost any personal cleaning product that makes bubbles, but true soap is made by combining animal fat with lye, a strong cleaning chemical.

Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with

synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease, including the oils and fats found naturally in skin.

Skotnicki calls the association between soap, cleanliness and health a psychological hang-over from the days before indoor plumbing, when diseases were rampant and bathing a luxury reserved for the wealthy.

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy," she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines most dangerous pathogenic microorganisms have been eradicated.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to pre-

vent the spread of things like colds and flu.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should frolic in raw sewage ... but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

Your skin hosts a mini ecosystem of bacteria, viruses and fungi — known as a microbiome — that impact everything from how fast wounds heal, to how skin ages, to how you smell, said Gilbert. "The idea that you can sterilize your skin and remove all those bacteria — it's just not true. It just doesn't work that way," he said.

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

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CANADIAN SCREEN AWARDS

Howie Mandel gives Canada STDs

Howie Mandel kicked off Sunday's Canadian Screen Awards with an ode to Canadian talent and his suggestion for a nickname to call the prizes.

"This is a thrill for me to do something right here at home. I love coming home to Canada," the Toronto-born, tuxedo-clad America's Got Talent judge said as he took to the stage. "You don't know what this means to me, because I've always resented the fact that I had to leave."

Mandel then launched into a loose monologue and banter with the audience. He riffed on how the awards show doesn't have an Oscars-style nickname, although others have suggested the Screenies or the Candys, after the late Canadian actor John Candy.

"I know other hosts have been talking about naming it, I want to name it. What is it for?" Mandel said, adding the awards honour the best in Canadian film, television and digital work.

"So what is it? Screen, television, digital. This will go viral — it's an STD."

"How many of you are going to go home tonight with an STD?"

He then walked into the audience to chat with guests, from Orphan Black star Tatiana Maslany to Schitt's Creek star Eugene Levy and American



Orphan Black led with 14 nominations. CHRIS YOUNG/THE CANADIAN PRESS

standup star Dave Chappelle, who later presented the Icon Award to the homegrown comedy brand Just for Laughs.

Mandel also stopped to chat briefly with Toronto native Stephan James, star of Race, about American track star Jesse Owens.

"You were great," Mandel said to James. "I had no idea when I watched the movie it was even Canadian and it's not because of

the accent. The way you run is so American," he deadpanned.

Montreal director Xavier Dolan's *It's Only the End of the World* and the biopic *Race* were among the early winners on what was the last of several gala nights that awarded prizes in 134 categories.

THE CANADIAN PRESS

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How many of you are going to go home tonight with an STD?

Howie Mandel



Norway's Marit Bjørgen coasted to victory by over two minutes in a 30-kilometre race in the women's cross-country ski World Cup in Oslo



Dynasty adds another title



Ryan Ejim of the Carleton Ravens scores past the Ryerson Rams' Juwon Grannum during the national championship game at Scotiabank Centre on Sunday. DARRIN CALABRESE/THE CANADIAN PRESS

U SPORTS BASKETBALL

Ravens soar to 7th straight championship, 13th overall

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points, and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other school in history.

Carleton's coach of the year Dave Smart said his team's post play was the difference.

"We got what we wanted down low, and then we got a couple open threes when they started digging," Smart said. "The fact that we had never really gone through the post all year, I don't think (Ryerson) really had a plan once we started scoring down there."

Fifth-year guard Adika Peter-McNeilly had 23 points, while Adam Voll had 12 points and nine boards for Ryerson.

The Ravens went a perfect 19-0 in the regular-season but were upset just a week earlier by Ryerson (17-2) in the Ontario conference final. The Rams, two-time bronze medallists, were

making their debut in the championship final, and were looking for their first title — in any sport — in school history.

"I just don't think we were as good offensively as we were last week," said Rams head coach Roy Rana. "We made a run in the fourth to make it a game, and we just didn't execute when we had our opportunities and they came back and made some big plays and that was the difference in the game."

The Ravens capitalized on Ryerson's poor 28 per cent shooting in the first quarter, and led 19-13 heading into the second.

The defending champions went up by 11 midway through the second and took a 39-28 advantage into the halftime break.

1

Carleton lost just one game all season — in the Ontario conference final to Ryerson.

The Ravens opened the third with a 15-5 run to stretch their advantage to as many as 24 points, but the Rams punched back with a 15-0 run to make it just a nine-point game with less than a minute to play in the quarter. Ejim converted a three-pointer to send the Ravens into the fourth with a 63-51 lead.

The Rams kept the pressure on in the fourth and buckled down on the defensive end, and a tip-in from Voll made it a six-point game with 4:20 to play.

+ IN VICTORIA

McGill crowned the women's champions

Alex Kiss-Rusk had 15 points and 20 rebounds to lead the McGill Martlets past the Laval Rouge et Or 66-55 on Sunday to win the Canadian university women's basketball championship.

Earlier Sunday, Carleton defeated Queen's 53-43 for the bronze medal.

Another put-back by Voll with 1:22 to play had Ryerson within six points. But Carleton pounced on a couple of key Ryerson turnovers down the stretch, and Connor Wood, the U Sports player of the year, converted a three-point play with 19 seconds left to clinch the victory for the Ravens.

Earlier Sunday, a 27-point fourth quarter helped the Dalhousie Tigers top the McGill Redmen 69-63 in the bronze-medal game.

Trailing by eight entering the final 10 minutes, the Tigers went on a 17-8 run, taking the lead for good with just under three minutes left to play.

Forward Sven Stammberger led the way on the offensive end with eight points in the quarter and 20 overall. Guard Jennings Leung was McGill's leading scorer with 17 points.

The third-place finish was the best result in men's basketball history for Dalhousie, which finished fourth at last year's championship. THE CANADIAN PRESS

NCAA BASKETBALL

Villanova gets top billing in Madness

Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Duke — left at No. 2 despite a four-win-in-four-night performance in the Atlantic Coast Conference tournament — and Syracuse and Illinois State, who got left out altogether, may have been searching for answers.

Northwestern was plenty happy: though it was no surprise, the Wildcats were jumping up and down, taking selfies and celebrating after being officially invited into March Madness for the first time in the program's history.

With the brackets set, the action begins Tuesday and Wednesday with opening-round games that will include matchups between the last at-large teams invited into the draw.

THE ASSOCIATED PRESS

IN BRIEF

McEwen knocks off Jacobs to win Brier bronze medal

Manitoba's Mike McEwen defeated Northern Ontario's Brad Jacobs 7-5 to win bronze at the Tim Hortons Brier on Sunday in St. John's, N.L.

McEwen used his final throw to hit the Northern Ontario stone off the button for the win.

Canada's Kevin Koe was scheduled to play Newfoundland and Labrador's Brad Gushue in the gold-medal game at night. THE CANADIAN PRESS

Barcelona takes game off ending La Liga win streak

Barcelona lost 2-1 at relegation-threatened Deportivo La Coruna on Sunday in its first match after its amazing win over Paris Saint-Germain in the Champions League, giving Real Madrid a chance to retake the Spanish league lead.

Without some of the starters from the 6-1 victory on Wednesday, Barcelona had its 19-game unbeaten streak in the league ended.

THE ASSOCIATED PRESS

GOLF

B.C.'s Hadwin earns first PGA Tour win

Canada's Adam Hadwin only wanted a chance for his first PGA Tour win on the final hole Sunday at the Valspar Championship. He could have done without the self-inflicted drama.

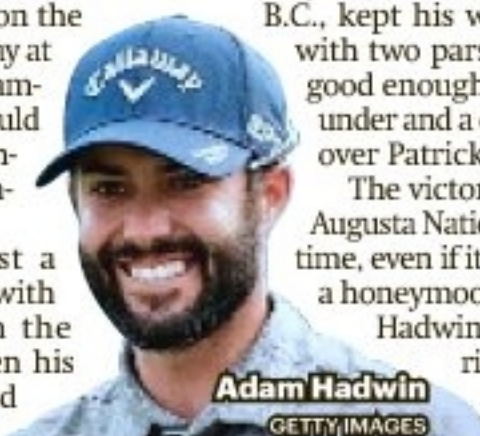
Hadwin lost a two-shot lead with one swing on the 16th hole when his tee shot sailed into the water

and led to double bogey. The 29-year-old from Abbotsford, B.C., kept his wits and closed with two pars, the final one good enough to finish at 14 under and a one-shot victory over Patrick Cantlay.

The victory sends him to Augusta National for the first time, even if it means altering a honeymoon trip to Tahiti.

Hadwin is getting married March 24.

THE ASSOCIATED PRESS



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★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

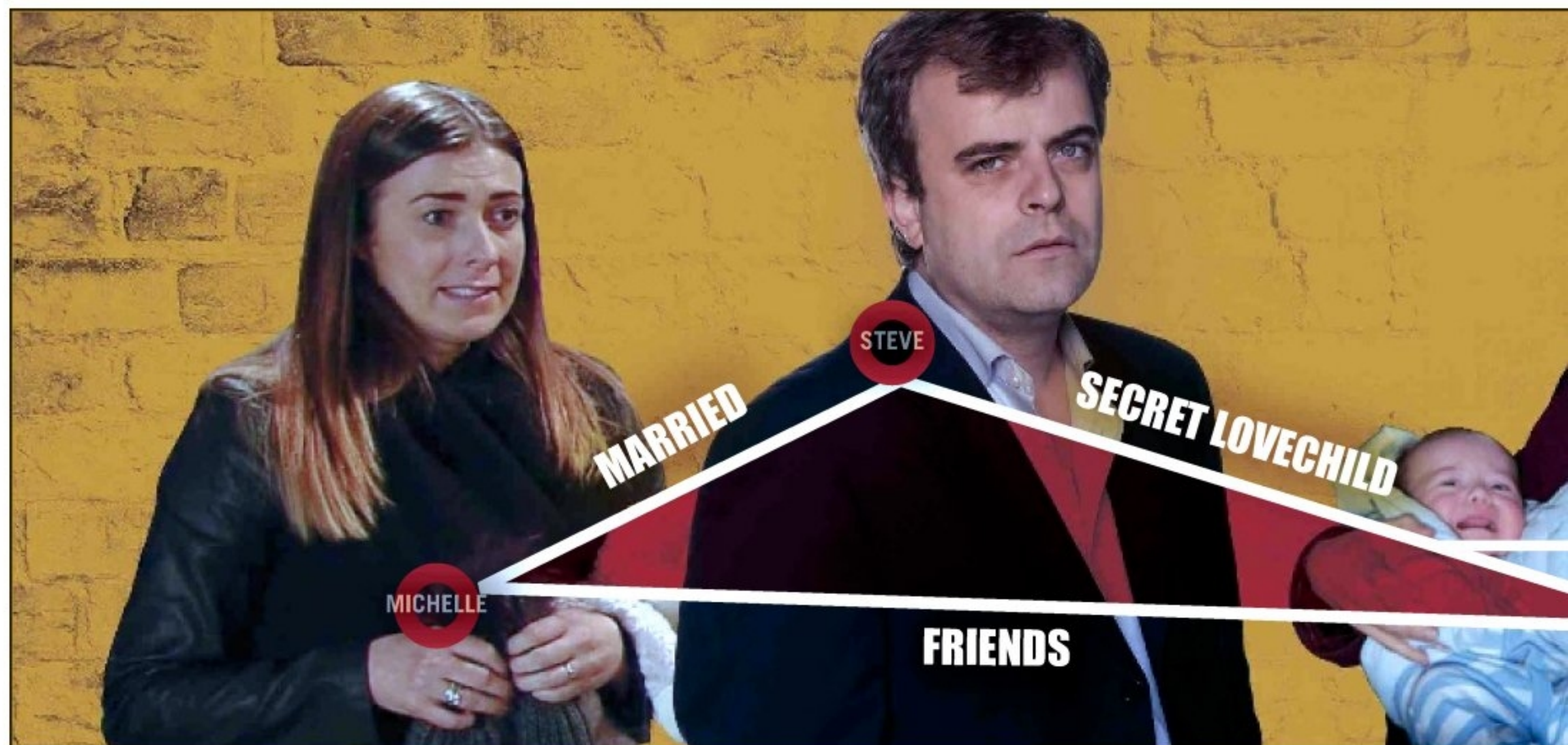
Pisces Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green

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Healthy Funky Monkey Smoothie



Ceri Marsh & Laura Keogh
For Metro Canada



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Toss it all in your blender. Give it a whiz and you're done

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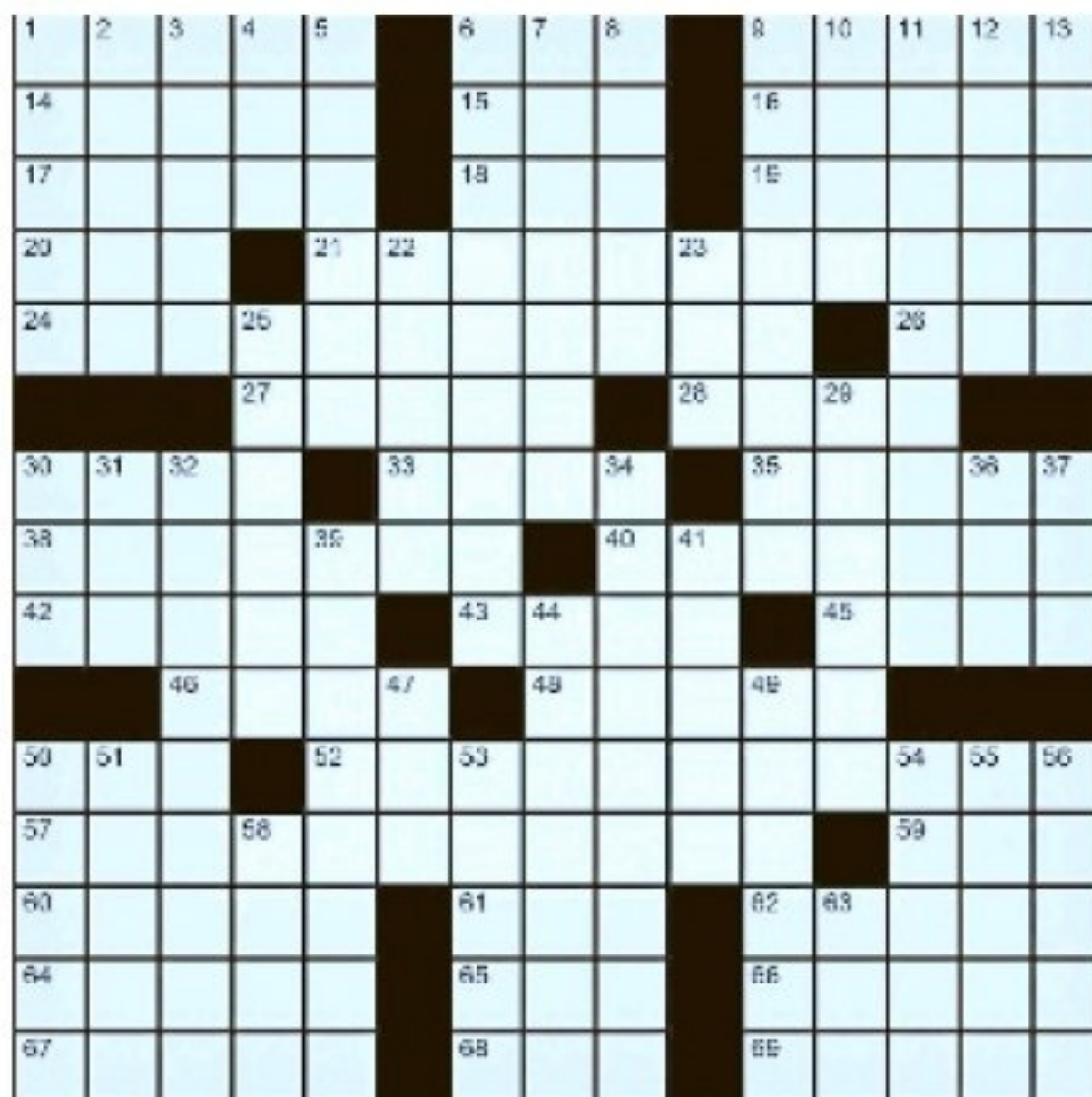
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- 'Tiny' thoroughfare
- New Brunswick village sharing the name of its river
- Marriage arrangers
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- Daintily drinks
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- Itemize
- "Lovegirl" by ___ Marie
- Kennedy Compound location in Massachusetts, ___ Port
- Carroll of "All in the Family"
- Whale type
- Bloody prefix
- Gladiator's 402
- "Just the facts, ___"
- Hawaiian-style veranda
- Pro bono TV spot [acronym]
- Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.
- Prepared for the seance: 2 wds.
- Faux ___



- American author, Horatio ___ Jr. (b.1832 - d.1899)
- Plastic ___ Band
- Conjure up
- Vampire's 'vish', "___ to suck your blood!"
- Actor Mr. Avery
- Michelin products

- So much, in music
- Alphabetical, e.g.
- Pre-plant packet's particles

DOWN

- Shine
- Metamorphosis-izer

- Chicoutimi stop sign word
- Stop-___
- 'Oracle' city in Greece
- Governor of the expanse at #52-Across before it was transferred to Canada for \$1.5 million, William ___

- (b.1815 - d.1870)
- Lightning landings
- Offenbach ballet, ___ Parisienne
- Hockey brothers Phil or Tony
- Honey drink
- Clueless/frazzled: 3 wds.

- Violinist Mr. Stern
- Gate fastener
- Singer Ms. Sande
- Debit opps.
- Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
- ___ sharpener
- Erica ___ (MuchMusic's first female VJ)
- Blue/orange jerseys NHL team [acronym]
- "Rows of Houses" Canadian singer/songwriter: 2 wds.
- Comedian/actor in "True Lies" (1994): 2 wds.
- ___ insist!"
- "Entourage" superagent
- Having a more close location: 2 wds.
- There's more following abbr.
- Tap dancer/actress Ms. Powell
- Rubber boots coating
- Strong points
- SVP's 'P'
- Region's forest trees
- Snapshot, shortly
- Previously, once
- Microwaved
- Adorn
- ___ State (University in CSNY's "Ohio")
- Complete



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